

# EXAM STRESS?

## POINTERS ON HOW TO COPE

By N. BUCHANAN &  
S. MCCARTHY

Exams next week. The tension is building. This is the time in the semester when it all comes down at once. Too much to do and too little time in which to do it. We all know that the way to avoid these last minute jitters is to keep up, or even ahead. Write every paper the day it's assigned; study from our carefully typed and neatly filled notes; arrange a conference with the professor as soon as we think we may be confused. If being organized was a normal state for human beings there wouldn't be such a need for books and articles on how to get organized and reduce stress.

A certain amount of stress is good because it provides an incentive to get things done. Too much, distress, can be paralyzing the leads to stress-related symptoms such as migraines, stomach aches, neck

or back pain, constipation, diarrhea, anxiety attacks, insomnia and palpitations. Some feelings commonly related to stress are anger, depression, forgetfulness, irritability, impatience and apathy.

A lot of the stress at the end of the semester is caused by the feeling that the work to be done exceeds the time available. A way to reduce that type of stress is to take some time to assure yourself that there really is enough time.

1. Make a list. Write down everything you have to do before the end of the semester.

a. Estimate the amount of time you will need for each item on the list.

b. Number the items according to priority.

c. Make a schedule. Block out times when you can work on your list and then get started.

d. Remember past occasions when

you have geared up and put it all together. You can do it again.

2. Work off stress. If you have a regular aerobic exercise program you probably know that exercise helps keep you calm and centered. Don't save time by eliminating your run, or swim or workout. If you don't have a regular exercise program, this not the time to start one. Walk. A brisk walk for 30 minutes can do wonders for your stressed out body. If you're worried about the time out, call it planning time. Many people report that they do their clearest thinking when they are walking.

3. Avoid self-medication. Although there are many chemicals, including alcohol, that can mask stress symptoms they do not help you adjust to the stress itself. Self-medication often compounds stress by leading to alcohol addiction or drug dependence.

4. Schedule rewards for yourself after a period of work. "I'll work on this paper from 5 to 6:30 and then I'll spend an hour having fun." Some people find an alarm or timer helps structure their time.

5. Get enough sleep and rest. Lack of sleep can lessen your ability to deal with stress by making you more irritable. Resist

the impulse to use sleep as an escape; some people feel exhausted when they are stressed and instead of curing the feeling by getting their work done, they sleep 12 to 14 hours and complain that they are still tired. Sleep, in this instance, compounds the problem.

6. Visit the Wellness Resource Center in the Health Service. You can dim the lights, turn on a relaxation tape and arrive at your next exam with a calm and mellow glow.

## 1986 YEAR OF PEACE

By J. BENSCHKE

To commemorate the United Nation's International Year of Peace in 1986, the International Students at G.C.C. will be preparing posters to be displayed at G.C.C., the Greenfield Public Library, and several churches. In addition to wishing those who view the posters Peace in the New Year, they will be telling what peace would mean for them and what they feel that people can do to promote it.

NO GREATER LOVE is a national, non-profit, humanitarian organization which

Continued on page 8

# PRISM

Greenfield Community College, Greenfield, MA., 01301

DECEMBER 1985

## Renovated Lab Increases Computer Interest

In an effort to increase computer access for students in both computer and non-computer related fields, GCC has completed a \$150,000 expansion of its academic computer center.

The expanded facilities bring the college closer to its goal of providing computer access to all students regardless of their majors, according to Bob Schilling, coordinator of computer information services at GCC.

"The classic ratio is that you should have one computer for every ten to fifteen people involved in computer classes," said Schilling. "But now we have one computer for every three students taking computer courses, and one for every 15 students enrolled at the college."

Schilling said the new center can provide all students with the ability to use a

computer, both in computer specific fields like programming, engineering, and accounting, and as an academic tool in non-computer related fields.

The renovation provided new, larger facilities for the renovation center. One hundred computers and terminals are now available for student use. Schilling said the number and the variety of computers in the new lab will provide an advantage to GCC students. The new lab includes equipment by Wang, Apple, Data General and AT&T.

GCC's original computer center was started in 1976, when the college bought its first Apple computers for the business and science departments. An equipment donation from the Wang Corporation increased the college's computer capacities. Over the years, the college added to its computer hardware, and received major donations from the GCC Foundation and Monarch Life Insurance Company of Springfield.

Schilling said the success of the school's computer lab comes from the foresight of its planners and its emphasis on providing a service to the region.

"All along there has been less pressure on us to be traditional," said Schilling. "For us there has been more emphasis on trying to create something that served the needs of the community."

To introduce the campus community to the lab, the college recently scheduled three free word processing workshops. Over sixty students signed up within two days, and many more were turned away. Schilling worked out an arrangement with Sierra On-Line, a software company, to provide its \$79 word processing and spelling checker program for only \$15 through the college bookstore.

The increase in computer hardware has also allowed non-computer related courses to make use of the computer in their classes, Schilling said. Fifteen non-

## 'SEE HOW THEY RUN' AT GCC THEATER

Rehearsals are underway for the comedy "See How They Run" by Philip King, at Greenfield Community College. The play will be presented by the GCC Theater December 11-14.

"This play will be relished, especially by those who have enjoyed such hits as 'Charley's Aunt,' 'Three Men on a Horse,' and 'Sly Fox,' as it is in the same tradition as these masterpieces of zany farce," said H. James Godwin, director of the GCC production.

The action centers around two old friends, an American actor and an actress. He is now in the Air Force stationed in England, and she is the young wife of a vicar. Having trouped together at one time, they have an innocent reunion. But when they come back to the vicarage, the pair get themselves enmeshed in a crazy dilemma

Continued on page 8

Continued on page 8



"Kim Savoy, a meteorologist student at GCC is checking for Acid Snow with the most up to date resource."

Photo-James Cahillane

NON PROFIT ORG  
U.S. POSTAGE  
PAID  
PERMIT NO. 23



## NE Worried: Rising College Costs

American families are being "driven into considerable levels of debt" to pay for the rising cost of college, says John C. Hoy, president of the New England Board of Higher Education (NEBHE). A larger majority of New Englanders compared to the American public overall is worried about the rising costs of higher education.

Though Americans express deep concern about steadily increasing tuition costs, Hoy told the nation's financial aid executives attending the annual joint conference of the National Association of State Scholarship and Grant Programs and the National Council of Higher Education Loan Programs in New Orleans on Wednesday (November 6), they show strong support for federal financial assistance, both for students and colleges.

Hoy said that these were the findings of a national survey of American attitudes toward higher education conducted in the first week of October by the Opinion Research Corporation (ORC). The New England Board of Higher Education was national co-sponsor of the opinion poll.

A major finding of the ORC poll was that a growing number of adult Americans intend to complete additional schooling, even as they express dismay about the rising costs of a college education.

"When you consider that college tuition costs since 1978 have been going up at almost double the rate of inflation," Hoy said, "you cannot escape the conclusion that college and university administrators must do a better job of explaining and justifying this continuing disparity to an irritated public."

The average tuition payer, he said, still hasn't the faintest idea why college and university costs are increasing while the rate of increases of prices and wages has slowed down significantly for American industries and workers since 1981.

"The people who run higher education in this country have failed to get their message across to the public," Hoy said. "They had better start doing so if they expect to continue to get the handsome increases in funding they have received from state legislatures and private contributors in recent years."

NEBHE is a congressionally authorized, regional, non-profit agency that seeks to encourage cooperation and efficient use of resources among colleges and universities in New England. Basic funding comes from the region's six states and New England-based corporations.



## Placement Services: Students Gain Jobs

By PRISM NEWS STAFF

The GCC Placement Office is off to a banner start with full and part-time student job placements. Jim O'Neil, Director of Placement, announced recently that there has been a big increase in both student job inquiries and in job placements since his position was authorized in April 1985.

As expected, the largest number of job placements during the school year are for part-time positions. There has also been an increase in full time placements for graduates and Continuing Education students.

In cooperation with Rob Yacubian, Coordinator of Transfer Students, O'Neil has developed a Student Credential Packet. Any student who wishes to begin to prepare a file record of resumes, faculty recommendations, and transcripts is urged to contact Rob Yacubian or Jim O'Neil in the Student Services Offices. It is also important that any student not continuing their schooling after June 1986 should register with the Job Placement office for full assistance. The Job Placement office is in Room C230.

In early spring, job seekers will receive further career assistance when the Placement office plans to bring employer representatives on campus. These employers will represent local, state and national employers.

Interested students will need to register for these employer recruitment sessions by mid-March. Students are advised to be reading the notices on the Jobs' Bulletin Board outside of the Student Services offices. The PRISM and the weekly "What To Expect" will be carrying further information.

### PRISM STAFF

SUSAN THOUIN  
EDITOR-IN-CHIEF  
MORGAN ALLYN  
NEWS EDITOR  
FRANK WOODARD  
LAYOUT EDITOR  
LAURIE WHEELER  
COPY EDITOR  
ERIC WILKINSON  
PHOTO EDITOR

### CONTRIBUTORS:

PAT LITTLE  
DIANE CRANE  
THERMAN SANDERS

## FINANCIAL AID CORNER

By M. ALLYN

### WORKSHOP FOR TRANSFERRING STUDENTS

The Director of Financial Aid, Jane Abbott, has announced tentative plans for a workshop for transferring students to be held the week of February 3rd. This workshop will cover information that students going on to 4 year institutions will need to know.

Although she cannot cover all of the aspects of receiving financial aid from the prospective schools students will be going to, Ms. Abbott believes this workshop can help people become better acquainted with how to complete the necessary FA forms.

Students who are interested in this workshop should sign up for it in the Student Services office.

### \$ AID FOR 86-87? GET TAXES DONE OVER HOLIDAY

FA forms for the 86-87 school year will be available after January 1st. The deadline for filing for the State of Massachusetts is March 1st. This means that students

should make every effort to complete and file their taxes during the holiday break. Federal and State income tax information is required for filing.

The FA office will be open throughout the Holiday break. Students that have questions are encouraged to make an appointment for assistance during this time.

### WINNERS OF WELLS SCHOLARSHIPS ANNOUNCED

The eight recipients of Ethel Dow Wells Scholarships have been announced.

Scholarship winners are: Linda Carter-Formhals of Shelburne Falls, a nursing major; Judith Farrar of Shelburne Falls, a liberal arts major; Sharon MacConnell of Greenfield, a nursing major; Peter Magnuson, Warwick, an industrial technology and electronics major; Carol O'Brien of Turners Falls, an early childhood education major; Kathe Scott of Greenfield, a liberal arts major; Daniel Stein of Greenfield, a liberal arts major; and Dianna Tanguay of Charlemont, an art major.

The \$354 awards will pay for the cost of a full-time tuition for one semester at GCC.

## SPOTLIGHT ON NEW COURSES

By PRISM NEWS STAFF

Trying to decide on the courses you need to fill out next semesters schedule? To help you out, the PRISM presents a short survey of some of the new courses that will be offered. If you need more information on these courses, we suggest you ask the instructors or talk with your advisor.

### PSY 225: THE PSYCHOLOGY OF WOMEN

Instructor: Ellie Goodman

3 credits, Behavioral Science Core

The Psychology of Women is an exploration into the behavior and personality of women as seen through their own eyes. Topics for investigation are: dispelling the myths and mysteries about the development of women, significant gender differences, the quest for a separate identity, transitional changes, and the possibilities for a more generative view of the human life cycle. (All present developmental models were devised from male studies.)

For its first run the course will be offered through the Continuing Education Division on Thursday evenings, 7-9 p.m.

### JOU 103: NEWSPAPER JOURNALISM

Instructor: Dr. Helen Ellis

3 credits, Humanities Core

This course is a writing course emphasizing the nature, content and style of news articles, editorials and features. There will be intensive practice in writing and editing. Some attention will be given to other journalism concerns, such as layout and design. The course is intended for students who wish to gain more experience in expository writing and editing. There is no prerequisite but completion of any English Composition 1 course is recommended. The course meets TTH 11-1215.

### THE 207: PLAY PRODUCTION

Instructor: Jim Godwin

3 credits, Humanities Core

The main objective of Play Production is a full-scale production of at least a one-act play. The play will be directed, acted and fully produced under the supervision of H.J. Godwin, Director of Theatre. The course meets TTH from 2-3:15. Prerequisites may be waived with permission of the instructor.

### EDU 215: COOPERATIVE PLACEMENT IN HUMAN SERVICES

3 credits, Behavioral Science Core

An opportunity has been created for students wishing to have a cooperative placement with the Greenfield Public Schools for Spring, 1986. EDU 215 will be offered through the cooperation and volunteer efforts of George Trusz, LICSW, Social Worker with the Greenfield Public Schools. The project will work with special education pupils in the elementary, middle and high schools in Greenfield. The course has a LIMITED ENROLLMENT so if students are interested in participating they are urged to obtain enrollment procedures from the Behavioral Sciences office.

### INT'L STUDIES 125: INTO TO INTERNATIONAL STUDIES

Instructor: Arlene Thane

3 Credits, Humanities Core

This course will help provide the practical knowledge, skills and attitudes essential to a global perspective. We will examine cultures, including our own, to better understand our assumptions and our perspectives of world social, economic and political situations. This course will include lectures, group discussions, presentations, and learning exercises. Class meets TTH 7-9:40 p.m., February 3rd-May 13th.

JAN 23-24

JAN 27

JAN 28-31

FEB 17

MAR 3

MAR 17-21

APR 1

APR 7

APR 7-11

APR 21

MAY 9

MAY 12-16

MAY 20

JUN 1

Registration

Classes Begin

Period to ADD/DROP classes

Washington's Birthday-NO CLASSES

Last Day To Withdraw-NO RECORD

Spring Recess

Deficiency Notices Due

Last Day To Withdraw-W

Returning Student Registration

Patriot's Day-NO CLASSES

Classes End

Examinations

Final Grades Due

Commencement



## 2ND BLDG. PLANS BEGINNING TO ROLL

By M. ALLYN

Plans to add a second building to the current GCC facilities are beginning to look hopeful. After several years of discussions and two previous Needs Assessment Studies, the current GCC administration believes that a new building that may house a gym, theater and a day care center will be built within the next six years.

As part of the first step in the process, the state requires an independent study by a consulting firm to show the demand and need for a new facility. Once the Needs Assessment Study is complete; and it could recommend more or less than what GCC officials are asking for, it will come back with a simple recommendation as to the size and nature of the building. The study then goes to the Department of Capitol Planning and Operations (DCPO) for approval for further funding.

The next step will then be to have architectural designs developed. Ed Kelly, Director of Maintenance, indicated that the Design Development Stage would be the time that there would be a more concentration of input from the faculty, staff and student body as to how the building could be specifically used.

Once the design and projected use of the building has been agreed upon by the GCC community and DCPO, the request for funding for building would then go to the Legislature. After the Legislature approval of the building plans, the Governor would

then be expected to approve the funding Legislation.

The length of time it could take to obtain all the levels of approval could mean that there would not be any groundbreaking ceremony until 1990. "We are one of many in the college system, and one of many in the state system requiring funds for building expenditures," said Mr. Kelly. "These things take time." An example of how long the processes often are is the recent construction of the sidewalk. "We started asking for funds for the sidewalk nearly five years before we were able to put it in. Because we could site a safety need we were finally able to obtain funds."

Although the need and possible use of the new building may be apparent to most of the GCC community, Mr. Kelly indicated that the biggest changes that will occur will be the use of space that becomes available in the current building. "Part of the (Needs) Study will be to look at and identify our current programs that will need to use the newly opened space."

Mr. Kelly credits Charles Carter, Dean of Administration, as being a "Real bulldog on this project. He's been trying to get different ways of funding this project. Because of his efforts we are moving right along now." He also indicated that it is to be expected that there will be some competition for the use of the new building, but that the Administration will see to it that everyone gets an opportunity to give their input.

## Int'l Students Crafts Table Fundraiser

By J. BENSCHKE & M. ALLYN

The International Students Club will be sponsoring a table during the GCC Christmas Crafts Fair. The table will offer crafts and food representing their countries. The money earned from selling these items will be used to develop the Clubs' Emergency Fund.

Students who are residents of other countries and attend GCC for one or more semester are often confronted with unique monetary emergencies. Checks that must travel great distances may go astray. Medical or death in family emergencies can put a severe strain on visiting students' budgets.

Although cash flow problems are common to most students, these GCC family members can be particularly hit hard. The American dollars' value fluctuates daily on the international market. What may have been enough funds to handle most common needs or crises during one week, may not be enough for the next.

To compound the problems of the changing dollars' value, students residing in this country on visas are not initially allowed to work while at school. When emergencies do arise, GCC International Students have few, if any, resources to fall back on.

The Emergency Fund that is being created is designed to help students through those tough times. By visiting and purchas-

ing products from the Clubs' table during the Crafts Fair, all GCC students will have an opportunity to show their solidarity with our international friends. The development of the Emergency Fund is a positive step in helping these students become more self reliant and secure in continuing their educational goals.

### FACTS

2/3 OF HUMANKIND IS NONWHITE

2/3 OF HUMANKIND IS NONCHRISTIAN

4/5 OF HUMANKIND DOESN'T LIVE UNDER DEMOCRATIC RULE

40% OF HUMANKIND IS UNDERFED, ILL HOUSED,

POORLY EDUCATED,

AND LACKING MINIMUM HEALTH STANDARDS

Global Studies for American Schools,  
Howard D. Mehlinger




## UMASS WINTER CATALOGS AVAILABLE

University of Massachusetts Winter Session catalogs are now available, free of charge, to the public. Catalogs may be picked up at area banks, grocery stores, shopping centers, libraries, and malls.

Over 100 credit courses, credit-free workshops, and professional development programs are detailed in the catalog.

Winter Session runs January 2-February 1, enabling students to complete a one-semester course in an intensive four-week period.

Catalogs and more information are available from the Division of Continuing Education, 545-2414.



Lets See,  
Columbus  
went to the  
Americas in  
1492... The  
Square Root  
of 2 is 1.41..

MATH

PSYCHOLOGY

HISTORY


History Final  
Her by

① Columbus went to the  
Americas in the year  
(5900.9427)<sup>√13</sup> + 43√2 cuz  
he had an Odeipus Complex.

# GCC THEATRE

- PRESENTS -

## See How They Run



DIRECTED BY H. JAMES GODWIN

DECEMBER 11, 12, 13, 14 8 PM

SO1, MUSIC/THEATRE ROOM

TICKETS AVAILABLE AT THE DOOR OR  
STUDENT ACTIVITIES OFFICE

STUDENTS AND SENIOR CITIZENS	\$ 2.00
GENERAL ADMISSION	\$ 3.00



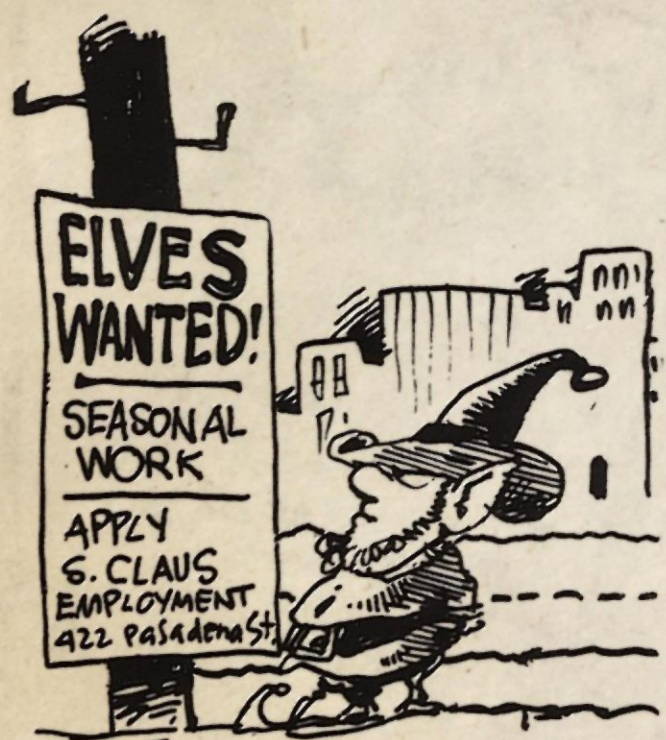
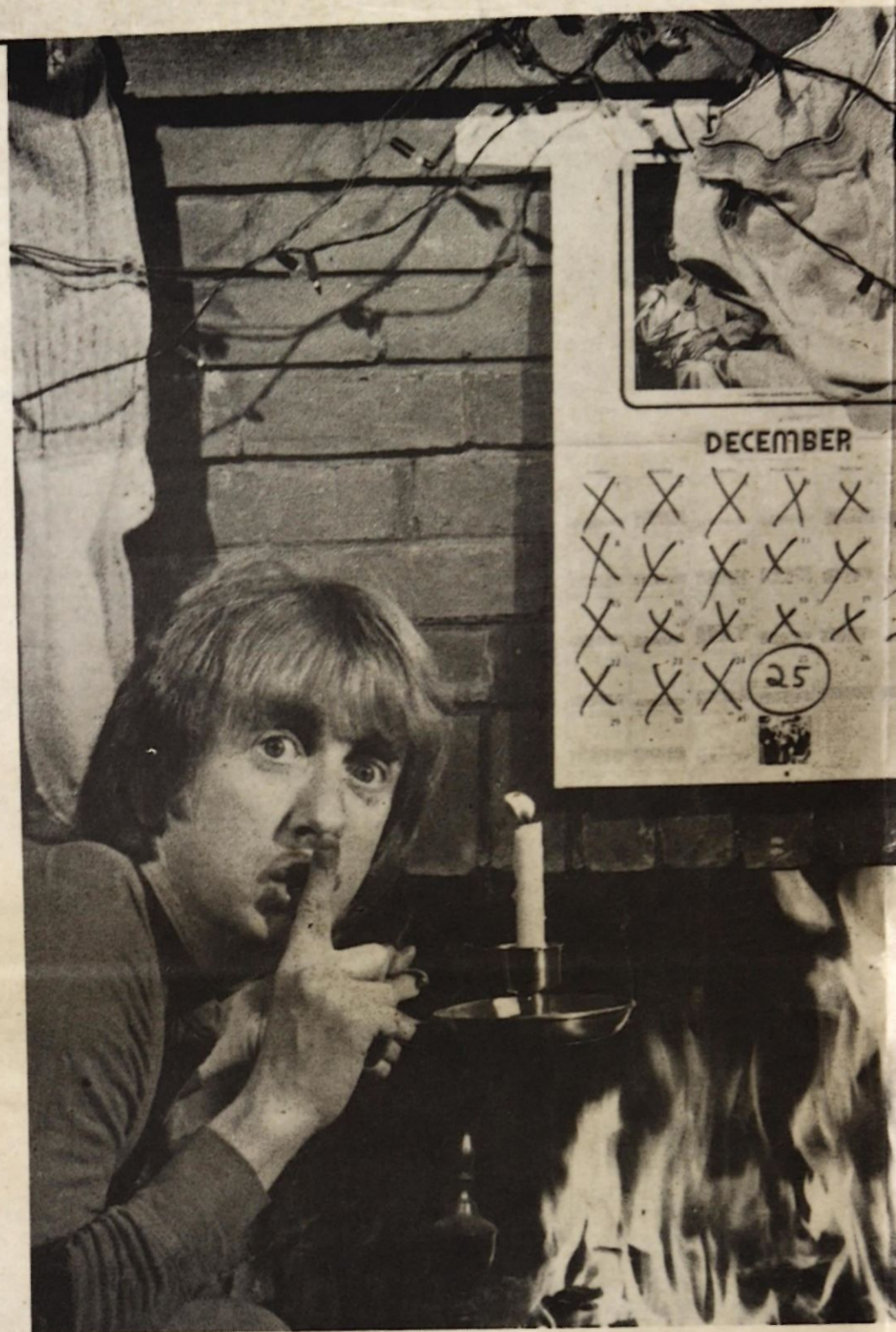
( With apologies to Clement C. Moore )

'Twas the night before X-mas  
When all through the house  
Larling Bobby was sneaking  
As quiet as a mouse.  
A blaze he'd stoked  
'Neath the stockings with care  
To warm good St. Nick's derrière.

The clock struck twelve  
Bobby could hardly wait  
"Shhhh!" He said, "This is gonna be great!"  
Santa plunged down the chimney  
Shouting jolly names  
But he was so fat  
He flattened those flames!  
( This just goes to show you  
Where our Bobby has brains! )  
HO!HO!HO!

- D. Crane

# December









SUN	MON	TUES	WED
<p>8.</p> <p>Hanukkah</p> 	<p>9.</p> <p>Red Cross Bloodmobile</p>	<p>10.</p> <p>OTHELLO SHOWN 9:30AM</p> <p>AA meeting - 5407 12:30pm - 1:30 pm</p>	<p>X-mas Cr Fair 9-3</p> <p>Terms of E GCE Lecture 600's - See 1-501 -</p>
<p>15.</p> 	<p>16.</p> <p>Reading Day (Day Division)</p> <p>BEETHOVEN'S BIRTHDAY</p> 	<p>17.</p> <p>Exams →</p> <p>"Sigh..."</p> <p>"Whimper..."</p>	<p>ON</p> <p>SHOPPING DAYS L</p> <p>(What &amp;)</p>
<p>22.</p> 	<p>23.</p>	<p>24.</p> 	 <p>hrist</p>

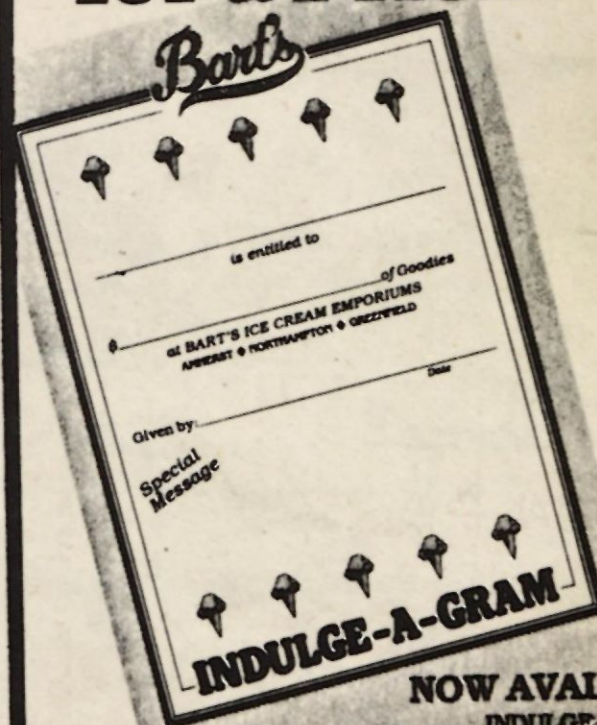




PHOTO BY: Thomas Carragher



## INDULGE for a Friend...



NOW AVAILABLE

INDULGE-A-GRAM  
GIFT CERTIFICATES  
at your favorite store:

NORTHAMPTON  
Across from the  
Academy of Music  
AMHERST  
Boltwood Walk  
GREENFIELD  
80 School St.

"For the BEST in the Valley."

**Bart's**  
HOMEMADE  
ALL NATURAL ICE CREAM

ED	THUR	FRI	SAT
craft 11. Endowment Hall 7pm How They Run 8 p.m.	x-mas craft Fair 9-3 12. <b>'OLD BLUE EYES' BIRTHDAY</b>	Masspirg Meeting 13. <b>See How They Run</b>	TAG OPEN HOUSE SF5M 250 14. 8am-3:30pm
18. ING EFT. ming!!)	19. 	Last day for NDSL 20. NSH recipients to complete edit interviews. Last day of Exams. y ahoie!	Continuing Ed Semester 21. Ends <b>WINTER BEGINS</b>
25. mas	"A Day of Recuperation" 26.	27.	Mom's Birthday 28.



## Day Care Attracts Male Employees, Too

WORKING WOMAN; NOV. 1985

More and more companies are realizing the importance of day care. And they're discovering that good child-care facilities attract male as well as female employees.

"Child care may well prove to be the premier issue of the 1980s for both the family and human-resources management," says Leonard Silverman, vice president for human resources at Hoffmann-La Roche Inc., the pharmaceutical company. "Child care has become a necessity for men as well as women."

In 1980, Hoffmann-La Roche Inc. started a child-care center in a restored home half a block from the company's New Jersey headquarters. The center caters to 165 preschool and school-age children. "More than half of these children arrive each morning clutching not their mother's but their father's hand."

No wonder managers are setting child-care issues as a top priority. Nearly half the women in the labor force have children under 6 years of age. That's 8.5 million preschoolers, a number expected to reach 10 million by the end of the decade.

Increasingly, employees are considering available child care among their criteria for accepting a job. Corporations that subsidize high-quality day-care centers find that they can attract the best talent. And changes in U.S. tax law allow companies to deduct child care. Approximately 1,800 U.S. companies subsidize child care in some way compared with approximately 100 six years ago.

When it's administered efficiently, child care can even boost a company's bottom line. Silverman says that employee-supported child care has an impact on the productivity of American business in three areas: It reduces absenteeism; it enhances the recruitment of top talent, and it helps retain trained employees.

"If employees have not resolved their child-care problems, they are not free to devote their best professional efforts to the job," says Silverman. "Companies bidding for top talent can't afford not to offer some form of child care."

—Walecia Konrad

## Comparable Worth Issue For Today

RECORDER 11/21/85

Achieving comparable worth may be the most difficult step toward equality for women and minorities — more than equal pay, more than affirmative action. But in the state's higher education system, the people "setting the tone at the top" will do their part to help.

That was the word from Mary Lou Anderson, who chairs the state Board of Regents of Higher Education subcommittee on affirmative action.

Anderson spoke at Greenfield Community College on comparable worth and related issues at the invitation of the college's advisory Council on Women's Issues.

Comparable worth, she explained, is not the same as equal pay for men and women (and minorities) who work the same job. Comparable worth means comparable pay for jobs that have the same value to the organization.

In one state, jail matrons were found to do 95 percent of the work of male jail guards, while being paid less than 75 percent of what the guards were getting, Anderson said. A subsequent lawsuit corrected that inequity, she said.

Comparable worth "attacks the core of the male-female economic differential," said Anderson, who also teaches at Clark University.

Affirmative action asks in essence, for fairness in hiring, while comparable worth

asks for more money. That means it's even more difficult to enforce than an affirmative action plan, she said.

Anderson was a key player in an affirmative action dispute at GCC earlier this year, in which school administration was finally directed to take the extra step to hire more women and minorities for top jobs in the future.

But she said she's trying to visit all the colleges and had no special agendas at GCC. Her expression betrayed not a trace of irony when, at one point in her talk, she said that members of her audience of about 30 were familiar with affirmative action procedures. Most of her audience was faculty and administrators who were divided in that earlier controversy.

Anderson admitted that it's ironic that the regents — technically "management" in the state system — find themselves demanding action in contracts and hiring on issues like affirmative action and comparable worth.

Anderson said at one talk she gave, a woman even asked for her help in filing a lawsuit against the state (the regents) on a related issue.

"I said, 'Wait a minute!'" Anderson said with a laugh.

But she said the regents — and the governor through his appointments to the board — will continue to encourage and even demand correction of inequities in hiring and pay in the system.

tures — such as sliding fee scales, participation in public subsidy programs, and special services — are also listed.

In addition, a lengthy section of the directory gives parents guidelines for finding the best form of child care for their particular needs. Financial assistance — from subsidies to tax credits — is also explained in detail.

The purpose of Social Service Help's directory is to assist parents in locating appropriate and affordable child care. Often a time-consuming and difficult task, the search for child care can be frustrating. The directory serves as a primary reference source for all child care options from which parents may choose.

To purchase copies of the directory, contact Social Service Help at 413-773-3574 or toll-free at 1-800-322-0270.

## Child Care Directory Now Available

Social Service Help — an information, referral, and advocacy program located in Greenfield — has published a new edition of its child care directory for Franklin County and the Athol area.

The new directory provides up-to-date information on nursery schools, day care centers, and family day care providers in the 30-town area. Each facility's description includes the age range of children accepted, hours of care, fees, capacity, and a statement of the facility's philosophy and activities.

For parents with school-age children, each entry tells whether or not the facility provides after-school child care. Other fea-

## Do SATs Shortchange Women?

MS; DEC. 1985

Women receive higher grades in high school and college, yet their average score is 59 points lower than men's on the Scholastic Aptitude Test (SAT) — much like the 59 cents we earn for every dollar earned by men. This important college entrance exam, taken by approximately a million college-bound seniors every year, has only one claim to fame — its ability to predict how well students will do during their freshman college year.

But the SAT isn't successful at predicting for women (who account for 52 percent of the test-takers). This means that, in highly competitive colleges where SAT scores determine the applicant pool, women are being weeded out, because scores underestimate their ability to succeed.

Last year, Educational Testing Service (ETS), publishers of the SAT, reported that females scored an average of 13 points lower on the verbal section of the test and 46 points lower on the math section. Before 1972, girls scored higher on the verbal section, which was thought to "offset" boys' consistently higher math scores. Girls began to fall behind verbally when the test content gradually changed in the 1970s. Though the questions are not subject specific, more are set in a science context instead of in the humanities, which girls have traditionally found more interesting. Areas where girls excelled, such as essay writing in the verbal section and data sufficiency questions ("Is there enough information to answer this question?") in the math section, were removed from the test.


The College Entrance Examination Board, which hires ETS to design and administer the SAT, is concerned about this inequity. In a recently published report it says, "The underprediction of women's college grades seems consistent and pervasive." The report explores possible reasons for this difference, but finds no answers. It concludes that small changes in the verbal test may have contributed to the decline in women's average SAT verbal score over the past 15 years. Leonard Ramist, director for the College Board Programs at ETS, agrees. The SAT was formerly written predominantly by women, but the number of men has increased, he says. "Subtle shifts in different sentences may make the test less accessible for females now."

Recent ETS research publications confirm women's superior college performance. In an evaluation of nine freshman classes (six English; three math) last year, ETS found that women's grades were higher than expected. In seven of the classes women's grades were higher than their SAT scores would have predicted (and the men's grades were lower than predicted). Although this is a small sample, the finding was surprising, Ramist says.

But making the test predictive for women means more than "evening the score." If the SAT is going to be accurate, it should predict their higher grades in college, even in freshman year. This means that average test scores for women would have to be higher than men's — perhaps by 20 or 30 points — rather than 59 points lower.

It may be time to recognize the limitations of a multiple-choice test for determining college aptitude or success in later life. The complex combination of intellect, experience, creativity, motivation, and interest that determines future success is probably impossible to predict.

—Phyllis Rosser



**Valley TRAVEL CENTER**  
CONARS CORP. d/b/a VALLEY TRAVEL CENTER

Second Floor  
Shawmut Building  
**GREENFIELD**

**774-2905**

**BOOKS**  
AT G.C.C.  
SHOP YOUR BOOKSTORE

*Paperbacks, Greeting Cards, Clothing, Gift Items, Supplies and Much More...*

OPEN MON.-FRI. 9 a.m.-4 p.m.

**We Have Gift Certificates Too!**

**ANNOUNCEMENT  
FOR TRY-OUTS  
FOR ANNIE**

PRESENTED JOINTLY BY  
ARENA CIVIC THEATRE  
AND  
GREENFIELD COMMUNITY COLLEGE

March, 1986

Directed by: H. James Godwin  
Choreographer: Tom Smith

Auditions:

January 5; 1-4 p.m., children  
January 5; 7-9 p.m., adults  
January 6; 7-9 p.m., anyone

Place to be announced  
ACT 773-9891





# STUDENT POETRY CORNER

DAUGHTERS OF THE AMERICAN REVOLT  
by Evon Tefft

I hear America screaming  
Into the wombs of blasphemous women  
in the dry cornfields at dusk, at angry  
babies. Children unfed go to bed in  
America sucking sweet artificial water  
sticks...all is not well, Dr. Spock.

I hear America laughing  
In the robust bellies of affluent business-  
men, tossing cake to prim little dogs  
who whine and fret at the feet of their  
masters, slaves to the salivary glands,  
where God, no less, sits fitting and just.

I see America buying  
Plastic virgins to bury their hearts in,  
with bleeding stomachs and piteous  
eyes, praying to Big Daddy, listening to  
wills of their fathers, talking to silent  
doctors, walls, pillowcases, empty  
crosses.

I see America lurking  
In the shadows of foreign bodies, trying  
to make a quick buck while kings and  
saints of bygone years cry "holocaust"  
through the bloody banks and govern-  
ment posts, in hills, trenches, and  
towers.

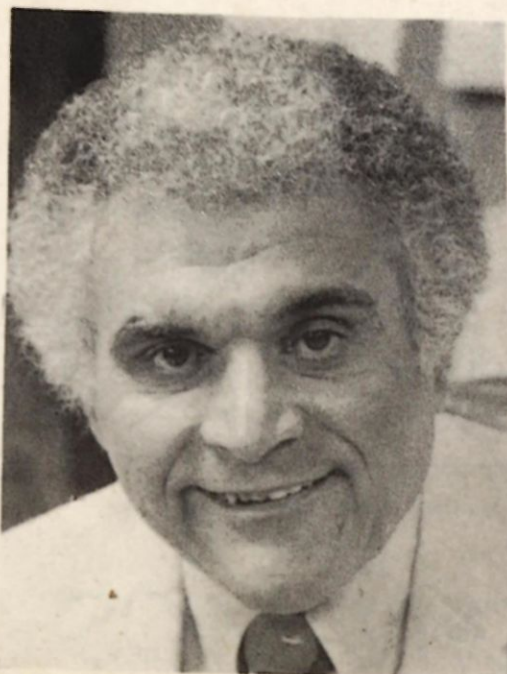
I feel America Swamped  
In the muck and dust of real estate, turn-  
ing graveyards to dollars, stripping the  
land of sleepy contentment, flowering  
bluebells, and hobo homes, where every  
pond turns acid and fish rise mystified.

I feel America sticky  
With the sweat of broken backs, who  
sleep on stars and stripes, never forget-  
ting their origins, singing in church  
pews that buckle and bend with muscle,  
where guns and bombs are gospel, and  
men tip their hats to sky.

Tell me America  
Did you ever listen to the horny side of  
Betsy? Do you still dream of apple pie?  
We die, America, arms outstretched to  
our daughters, pulling them down,  
down to dreams, honeysuckle air, and  
alimony, as we learn, America, to fight.

Perhaps you are an autumn moon;  
Your smile has bloomed,  
Your thoughts have grown,  
Harvest me.

M. Allyn



So far...  
The connections.  
Heavy duty stuff,  
This energy,  
Feeling myself,  
Connecting,  
Loving...  
Letting go, of control,  
Wondering where by garbage is...  
...Is it deep and I have not brought it  
Up  
Yet  
I,  
Have a feeling,  
That this is,  
So,  
...Learning to control(??)  
connect with  
the energy flow,  
that is around,  
and in.  
!Maybe its not time yet, to feel those  
emotions  
...A Need to be balanced,  
Centered,  
Free the flowing energy  
That is what I'm learning...  
The beauty of nature,  
of self,  
of all,  
of how the energy is  
and around.  
My intention is clear,  
and growing.  
...A wondering of how I'm to bring  
this back  
to the other...  
Where the support is not...  
A need to learn and experience the self  
support.  
And more.  
Following my path that is of a heart,  
With the support  
of my trust...

GAIA



GREENFIELD COMMUNITY COLLEGE  
Office of the President

## THE LAST TWO MINUTES

If you can equate going to college with a football game, the students are now in the last two minutes of the fourth quarter. As a student you are beginning to feel the panic or the sense that time is running out on you.

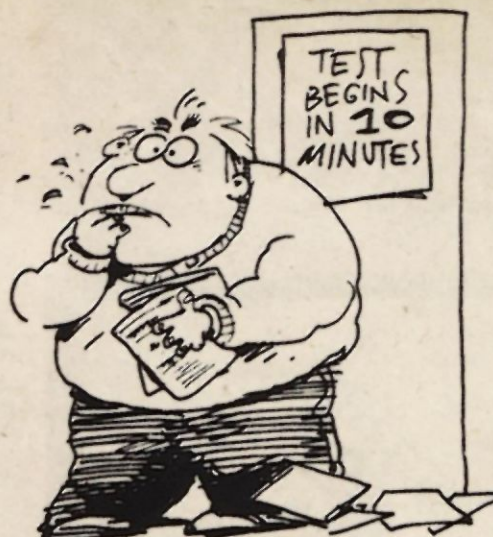
Your ultimate goal is to get through each course and secure a good grade. You have worked very hard for three quarters and now you're a little tired and you know you're going to have to push yourself a little harder in order to reach for victory. This is a critical time in the life of a student because it is that time when the events of the class separates the winners from the losers.

It is now the moment to reach within yourself for that extra effort, drive, and desire to complete the term paper, or finish the studying for the final exam. No one can do it for you, we can encourage and support you but it is you who has to have the initiative to drive yourself to a fast finish in the closing moments of the term.

This is no time to hesitate, to look for excuses, to rationalize; it is only the time to make yourself want to succeed. So many students talk a good game but so few want to make the sacrifice to accomplish that goal. There is never a substitute for hard work so you'll just have to gear yourself up to long hours of review, reading and studying. You'll have to postpone the parties, the dates, the fun times. You'll have to cut down the work hours and devote yourself to the task at hand. You can and must do it! The reward of personal achievement will make it all seem worthwhile.

When it's all over, you'll look back and be proud of yourself. You will have matured towards becoming a professional. You will attest to the old slogan, "A job worth doing is worth doing well." You will have become a true champion, a super bowl winner, but most of all you will know that you have developed that something special that allows you to achieve when the situation is at its toughest.

I wish you well. I know you'll do it and I look forward to seeing you on campus a second semester.



Theodore L. Provo  
President

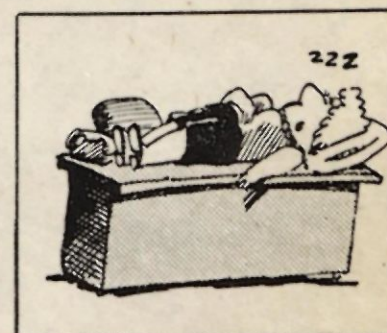
FOR MORE ABC'S REGARDING  
MONEY MANAGEMENT...  
STOP IN AND SEE US. WHEN IT  
COMES TO BANKING...  
WE WROTE THE BOOK.

"Your Local Hometown Bank"



Greenfield  
Co-operative  
Bank

• GREENFIELD • NORTHFIELD •



The Little Cobbler  
Where Your Shoes  
Receive  
T.L.C.!

-- HOURS OPEN --

Mon. thru Fri.

8:30 a.m. - 5:30 p.m.

Sat. - 8:30 a.m. - 5:00

31 Miles St. - Greenfield, Ma. 773-3073

## New CERTIFICATE PROGRAM IN REC AND LEISURE

By PRISM SPORTS STAFF

GCC's Recreation and Leisure Department is proving its leadership in the fitness field by offering the new Physical Fitness Certificate Program. The program responds to the growing national demand for competent fitness and physical recreation professionals. This new certificate program is one of the first of its kind in the nation.

In addition to the new Certificate Program, The Rec and Leisure Department has also developed a Fitness and Health Consulting Service that is available to all GCC staff and students.

The Physical Fitness Certificate Program concentrates on essential anatomy, physiology, exercise physiology, nutrition and fitness evaluation and program planning. This Certificate program is designed to

allow the student to progress at their own pace and could be completed in three semesters. It is going to be particularly useful to those already employed in the Physical Fitness field and wish to upgrade their skills. The program is designed to establish competency in fitness testing, program design and nutritional analysis.

The new program will have students complete 29 credits here at GCC. Most of all of these courses can be applied to the regular Associate Degree Program in Recreation and Leisure Services.

This forward thinking department is now providing personalized fitness and nutrition evaluation and consultation services for the college community. Jeanne Ashley, Coordinator of R & L Services states that, "Ninety percent of those who exercise regularly fail to improve their physical fitness." She stresses that generic exercise pro-

grams, "Cannot address your specific fitness needs." Everyone has a unique combination of strengths and weaknesses; it is believed that individualized programs help balance these concerns.

Ms. Ashley, in coordination with Sandy Mayer, an exercise physiologist and GCC faculty member, has developed three Evaluation Packages that are available on an appointment basis. These packages include two one hour evaluations for \$20; a Fitness and Nutritional Programming package of 3 one hour consultations for \$30 and a 10 Week Personalized Fitness Package that includes 5 one hour sessions for \$50. These are available now for all staff and students. Individuals who desire to lose fat weight, reduce stress or back pain or just want help in improving their nutritional habits should call and make an appointment today. Call 774-3131 (x 348).



## YEAR OF PEACE

Cont'd From Page 1

sponsors programs of friendship and care to children of those killed by war or acts of terrorism. In October, they led a program in which children throughout the world signed a PLEDGE OF PEACE. These pledges are being transferred onto a laser disc which, with the cooperation of NASA, will be carried into space with the teacher/astronaut chosen to ride the shuttle Challenger in January 1986. The pledges will also be sealed in a time capsule to be buried in Arlington National Cemetery until 2185. One of the many groups who took part in the project was a Girl Scout Troop led by Carl Leison of the college library.

The Pledge reads as follows:

"As a legacy and gift to the children who will be born and live on this Planet Earth, I hereby commit myself to fostering peace. I promise to do everything I can to help create a common future of peace for all human beings."

Purple ribbons were chosen last year for the first international commemoration for all victims of terrorism to demonstrate to the families and friends of victims of terrorism that people care and will not forget that peace is our mutual goal. So when you see others wearing purple ribbons in the New Year, you will know the significance and perhaps care to wear one too.

## AT GCC THEATER

Cont'd From Page 1

that gets ever more involved by the minute.

The couple learn upon their return that a sedate bishop is there, waiting to offer the woman's husband a better position. The marathon starts when the lady fears the bishop may not believe that the date with the corporal was really so innocent, and, therefore, insists that the G.I. change into clergyman's garb.

The action reaches hilarious heights as five men in cleric clothes, including an escaped prisoner, present a problem as to who is who and which is which. In addition, a teetotaling spinster gets more than slightly tipsy; a cockney maid's imagination is spurred by having seen too many Hollywood movies; and the decorous bishop decides that everyone, including himself, is going mad.

Tickets for "See How They Run" will go on sale December 1. Ticket prices are \$2 for students and senior citizens, \$3 for the general public. Tickets may be purchased at the Student Activities Office at GCC.

## Computer

Cont'd From Page 1

computer related courses now use the computer for part of their classwork during this semester alone.

Schilling said the local job opportunities for Computer Information Systems majors is always expanding. He said that the added computer capacity will allow the C.I.S. Program to consider a new two-year program to train computer system operators.

The program has also arranged transfer compacts with Bentley College in Waltham and Western New England College in Springfield, so students in the C.I.S. program at GCC have the proper credits needed to transfer to those colleges, and both colleges have approved the C.I.S. courses for transfer.

Perhaps the most beneficial result of the increase in computers on campus is that teachers are now thinking of new ways to integrate the computer into their own classes. Students in liberal arts courses who may have never used a computer before are now finding out how the computer can help them as an academic tool.

"We're getting the students in the lab now who want to learn to drive the car, not how to make it," he said, and our instructors' enthusiasm has been great. I think we'll see a lot more teachers interested in what can be done in their own classes."

## Ski Midweek At Mt. Snow For \$15

MOUNT SNOW, VT. — College students can ski midweek at Mount Snow this winter for \$15 per day by purchasing Mount Snow's new college 6-Pac.

The Mount Snow 6-Pac is a booklet of coupons good for six full day midweek lift tickets. These coupons may be redeemed at Mount Snow ticket booths any Tuesday, Wednesday or Thursday during the 1985-86 ski season (except Dec. 26, 31 and Jan. 1, which fall in the Christmas-New Year's holiday period). The 6-Pac costs \$90, which is a 42 percent savings on the price of six individually purchased mid-week tickets.

The 6-Pac is offered for sale at the Season Pass Office in the Mount Snow Base Lodge. To take advantage of this special discount, students must show a current college picture ID card.



## TEAM DYNAMICS

The Greenfield Community College women's basketball program is back on its feet after a two-year player drought, but new head coach Ray Ricard said the squad is still fighting some long odds.

"We have talent," he said, "we have some good players, but we still need more numbers."

The Samoyeds have seven players on the roster as they head into their season opener at Berkshire Community College. Yes, it's enough to put a team on the court. Ricard is thankful for that. But the realist in him foresees problems over the long haul of a 28-game college slate.

"With the long schedule you're going to have your injuries," said Ricard, "and you always have one or two players fouling out, so I'd like to have more players but we'll have to wait and see ... There are one or two people here working on."

Ricard's enthusiasm over the athletic talent he has seen in the early workouts is dulled slightly by the player shortage. He knows it will severely limit his strategic options.

"We're going to have to play a very cautious offense," he said. "We don't want to get into a full-scale running game with teams that have 12 players. We don't have the numbers to run that hard or take the fouls that come in that (fastbreak) situation."

Ricard said the Samoyeds will have a hard time realizing their full potential with a skeleton crew, mainly because it will be hard to utilize the talents of Dale Berthiaume, whom Ricard said is the team's best player.

Working in the backcourt with Berthiaume will be Janet Twyon (5-4). Twyon was a softball standout at Greenfield High School. Ricard said her athletic talent should translate well to the hardwood. "She's got surprising quickness and a good jump shot. We'll be working her at the off-guard spot."

Ricard has another guard candidate in Lisa Kamenski (5-4), who is recovering from a knee injury and must get a doctor's clearance before playing.

The Samoyeds have an interesting problem in the frontcourt. According to Ricard, their tallest player, Judy King (5-11) is better suited at power forward, while the smaller Melissa Martindale (5-9) has all the makings of a center.

Martindale, who comes to GCC from Shelburne via Hopkins Academy, will give away a lot of height in most exchanges (Mitchell Junior College has a 6-8 center), but Ricard said she will make up for it with heart.

"She may not be my tallest player but she's the most aggressive," said Ricard. "And she's smart, too. I've been working with her on boxing out (technique) and she'll hold her own under the boards."

## V-BALL FOLLOWUP

By PRISM SPORTS STAFF

GCC Women's Volleyballers participated in the NJCAA New England Region XXI championship tournament at Brackton, Ma. In six games the Samoyeds were 2 and 4. They lost twice to CCRI, split with Becker and Endicott JC's.

The Samoyeds finished their regular season at 14-9. This was the most wins in GCC Women's V-Ball play. With the 2-4 record at tournament play, GCC finished 3rd in New England.

CCRI and Becker JC faced off in the finals. CCRI won the best out of five games and was undefeated in tournament play. CCRI goes against Ulster CC and Ormond CC in Syracuse, N.Y. The winner there advances to the NJCAA National Championship to be held in Miami.

## Museum To Observe Halley's Comet

SPRINGFIELD — On the evenings of December 13 and 14, the Science Museum will conduct outdoor Halley's Comet observation sessions. The first session in November drew a crowd of over 60 people and, although dim, the comet was sighted. Observers are invited to meet at the museum at 7:00 p.m. where maps and directions to a choice viewing spot will be distributed. We will be out in the field until approximately 9:00 p.m.

To prepare for this event, dress very warmly and bring binoculars and a flashlight with red cellophane covering the light end. The comet will probably not yet be visible to the unaided eye, so binoculars are especially important. The museum will provide a telescope as well.

Robert Staron, Curator of Physical Science at the museum, will be the group leader. He will provide star maps indicating the comet's location and help people spot it in the sky. Other celestial wonders which will be visible are Jupiter, Pleiades, the Great Nebula in Orion, the Andromeda Galaxy and other constellations.

If it is overcast, the sessions will be canceled. Please call the museum before 5:00 p.m. if you are in doubt. The sessions are free, and children must be accompanied by an adult. Future sessions will be held on January 10 and 11. For further information, please call the museum at 733-1194.

King is a latecomer to the team. She played high school basketball in Manhattan, N.Y. 10 years ago and Ricard said she could be a force in the frontcourt.

"She might be the missing ingredient," he said. "I haven't seen her play much because she came out late but she's tall and athletic and I envision her as our power forward."

The small forward spot will go to Anne McMahon (5-6), who played for Palmer High School. Ricard said she has an outstanding jumpshot and a very quick release.

Judy Walker (5-6), another carryover from GCC's volleyball team, will be the Samoyeds' first forward off the bench. Ricard said Walker is a strong rebounder and will see a lot of time filling in at both forward spots.

Ricard and Athletic Director John Palmer said they aren't setting any lofty goals for the team at this early juncture. They say just getting the team on the court again is a giant step. With a two-year layoff, the Samoyeds have to look all the way back to the 6-12 '82-'83 season for a benchmark. The '79-'80 and '80-'81 GCC teams went to the MCCAC semifinals.

# LOOK MARVELLOUS! FEEL GREAT!

THE  
**UPTOWN TANNING  
SALON**

4 private  
spa rooms!

**Uptown  
Tubs**

...Where your 1st  
visit is FREE!

For that hard to please  
person on your Christmas  
list...A Gift Certificate  
from Uptown Tubs !!

CALL: 774-5091 OR 773-9784 FOR RESERVATIONS!